

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.cityofmiddletown.com/seniors

MARCH 2015



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Arts & Crafts Project March 17th at 10:00am

Fun arts & craft project of decorating bird houses led by Heidi. Cost is \$3.00. Relax, meet new people and create beautiful bird houses.

Corned Beef and Cabbage Dinner March 24th at 2:00pm

Please join us for a delicious corned beef and cabbage dinner. The cost is \$3 and pre-registration is required.



Special Bus Trip to the Shubert Theater—March 8th

A limited number of tickets are available for this matinee performance of the classic musical love story. Reservation fee of \$38 includes the show ticket and bus ride. Bus departs the Senior & Community Center at 1pm. Call the Senior Services Division for more information.

African Violets Presentation—March 24th from 9:30-11:30am

Join Jeff "The Plant Guy" from The People Plant Connection to learn all about African Violets and have an opportunity to propagate a plant. This is a free fun and interactive program. Pre-registration is required.



Eye Health Presentation by Dr. Yap March 11th from 10:00-11:00am



Eye health is so important! Dr. Yap from Middlesex Eye Physicians will be doing a presentation on age-related eye diseases. You won't want to miss this free presentation. Please pre-register by calling or stopping by our office so we have enough handouts.

Estate Planning and Long Term Care March 30th at 1:00pm

Free presentation by Paul Czepiga regarding estate planning and long term care. Question and answer period to follow. Handouts will be available. Paul has dual licenses as an attorney and certified public accountant. He's been developing estate planning strategies since 1984.



Breakfast Sponsored by Middlesex Health Care Center—March 10th at 9:00am



Join us for this delicious free breakfast. Pre-registration is required. Space is limited to 50 people. Call or stop by the office to register.

St. Luke's Gatekeeper Presentation March 16th at 11:00am

Presentation by Dwight Norwood regarding this important program. Free



Therapeutic Exercise

Every Tuesday from 11am-12pm. Taught by Exercise Physiologist Tracey Godwin-Randolph, this program is designed to work on voice, breath, fine motor skills, improving balance, gait and strength.

Middletuners Sing-Along March 3rd at 12:30pm

Come and learn about the Middletuners Chorus and join them for a fun sing-along.

Educational Seminar– Heart Health March 5th at 1:30pm



Join Janet Leonardi, Coordinator for Risk Reduction Services for an informational discussion on heart health. (Free)

Monthly Book Club



Are you interested in joining our book club? The next book that we will be reading is "Bossypants" by Tina Fey. Call for more information and to enroll in this program. Books will be supplied (\$3). Discussion will take place on Monday, March 30th from 2:30-3:30pm. You can join in at any time.

Pool Lessons March 4th & 18th at 11:00am

Please join us in learning the fundamentals of playing pool. This will be held the 1st and 3rd Wednesday of each month at 11am in the game room. Our volunteer



Free Manicures March 20th from 9:00-11:00am

Sponsored by Vinal Technical High School. Come in and treat yourself! No appointment needed.

Italian Night—A Dinner Party with Live Entertainment March 26th at 5:30pm

Doors open at 5:30pm, service begins at 6:00pm. This fun night-time event features of menu of bread, salad, pasta, and chicken parmesan as well as live entertainment by Angelo Sapia, strolling mandolin. Space is limited. Tickets are \$15 per person and must be purchased in advance. No walk-ins and no refunds. Ticket is required for entry.



Have you received your membership card?

If you've not yet received your new membership card please take a few minutes to fill in our registration form.

You will be issued a membership card that you will scan at the front counter each time you come in.

Why do you need this?

By scanning in, you help by showing us what programming you enjoy and what is meaningful to the senior population at large.

"New" - Meditation March 6, 13, 20 & 27 11am

If you are looking to relax, clear your mind, and meditate—this is for you.

During this session each week, led by relaxing dvd, you can sit back and focus on clearing your mind and relaxing to the quiet soothing sounds.



Coffee with the Manager Friday, March 13th 11:00am

Please join us for coffee and light refreshments with our Manager of the Senior Services Division, Ann Gregg. This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.



March Birthday Party March 12th at 2:00pm



Celebrating all March Birthdays. All are welcome to join us for cake! This program is sponsored by Water's Edge Center for Health & Rehabilitation.

Root Beer Float Social Hour March 19th at 1:30pm Sponsored by Water's Edge Center for Health & Rehabilitation.



Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.cityofmiddletown.com/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Program Aide/Custodian:	John Marion (860) 638-4540
Sr. Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285

Community Café Free Lunch

Winner

Congratulations to Joan Fazzino,
February's winner.

Enter for a chance to win a free
lunch, compliments of
CW Resources.

January's Brain Teaser

Winners

*Nancy Clayton, Edward Cook,
Jo DeMaio, Joan Fazzino, Chet
Koelsch, *Jane Koelsch, , Joan
Konareski, Nancy LaChase, Rose-
Marie Mordarski, Mark Radziwon,
Chuck Stanley & Sandra Steele*

**Denotes Prize Winner*

**Congratulations to all of our
winners. Please stop by the
Senior Center to pick up
March's Brain Teaser.**



Health Services- Call for Appointments

Blood Pressure Clinic- Every Tues 12:45 (3/3,
3/10, 3/17, 3/24, 3/31)

Dental Clinic- Coming Soon

Foot Care Clinic- 2nd & 4th Wednesday of the
Month 9-3 (3/11)

Hearing Screening- Third Wednesday of the
month 12-1 (3/18)

Low Vision Clinic- Coming Soon

Massage Therapy- 1st & 3rd Monday 9-2:30
(3/2, 3/16)

Reflexology—By appointment

Reiki—First Thursday of the month (3/5)



BINGO! Every Wednesday and Friday

1:00pm-2:30pm \$0.50 per card

Civitan Bingo: Mar. 31st 6:30pm

Enrichment Programming

Ceramics- Mon & Wed 12:30

(3/2, 3/4, 3/9, 3/11, 3/16, 3/18, 3/23, 3/25, 3/30)

New Classes Coming Soon!

**Free Transportation Available to the Senior &
Community Center**—Van transportation is availa-
ble from Middletown Area Transit. Pickups from
Sbona Towers, South Green, Old Middletown High,
St. Luke's, Newfield Towers, Stoneycrest Towers,
Shiloh Manor, and Pond View Apartments.

Recreational Activities

Billiards- Anytime

Book Club—Last Wednesday of month at 10:30am

Bunco—Every Tuesday at 9:30am

Cable TV- Anytime

Card Games- Thursdays 12:30pm

Dominoes—Mondays 12:30pm

Computers- Anytime

Knitting- Thursdays 1:00pm

Lending Library- Anytime

Mahjong- Thursdays 9am-11am

Movies- Tuesdays at 12:30

Ping Pong—By reservation

Scrabble—Wednesdays at 10:00am



Exercise / Movement— Call for Registration Info

Arthritis Exercise- Thurs at 12:30 (3/5, 3/12, 3/19, 3/26)

Dancing for Joy (Parkinson's)- Mon at 1:30 (3/2, 3/9,
3/16, 3/23, 3/30)

Exercise- Mon, Wed at 9am & Thurs at 10 (3/2, 3/4, 3/5,
3/9, 3/11, 3/12, 3/16, 3/18, 3/19, 3/23, 3/25, 3/26, 3/30)

Line Dancing- Mon 1:15-2:30 TBA)

Tai Chi- Mon at 10:30 (3/2, 3/9, 3/16, 3/23, 3/30)

Yoga- Wed at 10-11 (3/4, 3/11, 3/18, 3/25)

Therapeutic Fitness—Tues. 11-12 (3/3, 3/10,
3/17, 3/24, 3/31)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy	3 9:00 Bus Trip: Mohegan Sun Casino 9:30 Bunco 9:30 Zumba (DVD) 10:30-12:00 Wii Games 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie: "As Good As It Gets" 12:30 Middletuners Sing-Along 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)	4 9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 11:00 Instructional Pool Lessons 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 AARP Board Meeting #3394 1:00 Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice	5 9:00-12:00 Mahjong 9:00 Reiki 10:00 Bus reserved by Luther Ridge 10:00 Exercise 10:30-12:00 Wii Games 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30 Health Seminar—Heart Health 1:30-3:00 Aerobics (DVD)	6 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights
9 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy	10 9:00 Free Senior Breakfast 9:30 Bunco 9:30 Zumba (DVD) 9:30 Bus Trip: Mystic Aquarium 10:30-12:00 Wii Games 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie: "Sabrina" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)	11 9-9:45 Exercise 9-2:30 Foot Care by Appointment 10:00 Health Seminar—Eye Health 10:00 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 AARP Membership Meeting 1:00 No Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice	12 9:00-12:00 Mahjong 10:00 Bus reserved by Shiloh Manor 10:00 Exercise 10:30-12:00 Wii Games 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30-3:00 Aerobics (DVD) 2:00 Celebrating March Birthdays	13 9:30 April Bus Trip Sign Ups 9:30 Zumba (DVD) 11:00 Coffee with Manager Ann Gregg 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights
16 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 11:00 Seminar—Gatekeeper Program 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Amazing Grace Food Pantry Bus Trip 1:00 Irish Soda Bread Making Project	17 9:00 Bus Trip: Foxwoods Casino 9:30 Bunco 9:30 Zumba (DVD) 10:00 Arts & Crafts Project 10:30-12:00 Wii Games 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie: "Pretty in Pink" 12:45-1:45 Blood Pressure Clinic	18 9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 11:00 Instructional Pool Lessons 12:00 Lunch 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights	19 9:00-12:00 Mahjong 10:00 Bus reserved by Newfield Towers 10:00 Exercise 10:30-12:00 Wii Games 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30 Root Beer Floats sponsored by Water's Edge	20 9-11 Free Manicures 9-11 Free Computer Class 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights

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1:30-2:45 Dancing for Joy	23 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy	24 9:30 Bunco 9:30 African Violets presentation 9:30 Zumba (DVD) 10:00 Bus Trip: Evergreen Walk/Longhorn Steak 10:30-12:00 Wii Games 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie: "Robin Hood Prince of Thieves" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD) 2:00 Corned Beef and Cabbage Dinner	25 9:00-9:45 Exercise 9:15 Bus Trip to DMV 10:00 Scrabble 10:00 Yoga 10:30-12:00 Wii Games 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice	26 9:00-12:00 Mahjong 10:00 Bus reserved by Stoneycrest Tower 10:00 Exercise 10:30-12:00 Wii Games 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30-3:00 Aerobics (DVD) 5:30—8:00 Italian Night	27 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights
<div>  </div>					
3:00-5:00 Middletuners Chorus Practice 3:00-5:00 Aerobics (DVD)	<div> <p>Monthly Lunch Menus are available at the Senior & Community Center or on our website</p> </div>				



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Bus Trips

Winter Trips are subject to cancellation due to inclement weather.

March

- 3rd**—Mohegan Sun (9-3) \$4
10th—Mystic Aquarium (9:30-3) \$15
17th—Foxwoods (9-3:30) \$4.00
24th—Shops at Evergreen Walk &
 Longhorn Steak House (10-2) \$3
31st—IKEA & Fishtale (9:30-2:30) \$3

***Subject to change prior to the bus sign-up day—Sign-ups for April trips is March 13th at 9:30am by random Lottery**

April

- 7th**—Foxwoods Casino (9-3:30) \$4
14th—Trader Joe's
 Bear & Grill Rest. (10-2:30) \$4
16th—Beardsley Zoo (9:30-3) \$12
21st—Yale Art Museum (10-3) \$3
28th—CT River Museum (12-2) \$12

One additional April trip will be added prior to the bus sign-ups 3/13. Stay posted!

Middletown PBA Pipes and Drums

We are scheduling a demonstration performance by the Pipe and Drum band this month. Please call for date/time info.

Unfortunately, the date was not yet available at the time this newsletter was printed.



Irish Soda Bread Project March 16th 1pm

Join us for this fun program led by Ann. Work together to make Irish Soda Bread for St. Patrick's Day. Socialize and have fun baking! Free—but please pre-register.



March Movies- Tuesdays at 12:30

- March 3rd** — "As Good As it Gets"
March 10th— "Sabrina"
March 17th—"Pretty In Pink"
March 24th— "Robin Hood Prince of Thieves"
March 31st—"The Secret Life of Bees"



Wesleyan Walking Freeman Athletic Center Middletown residents 50+

Monday thru Friday 7:00 - 9:30am
 Please DO NOT walk before 7:00 am
 Register at The Senior & Community Center to receive your green walking pass. Note: from March 6 – March 23, the walking hours are from 9-11am.



Every Tuesday at 9:30am please join us for Bunco. This is a fun-filled dice game.



Join us for Scrabble every Wednesday morning at 10:00am.



Dominoes

Every Monday 12:30—3:00

Classes run by DVD

Zumba—Tuesdays and Fridays at 9:30
 Aerobics—Tuesdays and Thursdays at 1:30
 Yoga—Thursdays at 11:00
 Meditation—Fridays at 11:00

Coming in April.....

- April 14th and 21st** —Stress Reduction Seminar by Justin Caskey, DO & Raphael Knauf, MD
April 16th—BBQ Dinner 5:30pm
April 25th—International Dessert Buffet sponsored by Wesleyan

The laptops have arrived!!



Our new Windows 8 touchscreen laptops have arrived. If you are interested in stopping in and using our laptops, please do so. We have technical support training on these computers on Friday, March 20th from 9-11.

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FREE Arthritis Exercise Class
Every Thursday 12:30 pm-1:30pm
March 5th, 12th, 19th & 26th

We are excited to welcome physical therapist, Marcy Henahan from Masonic Home Health and Hospice. Techniques will be taught to improve joint flexibility and muscle strength. **FREE!!!**

Free Technical Support
Friday, March 20th from 9-11



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Our new laptops have arrived! This technical support is provided using our new Windows 8 touch screen laptops only. Space is very limited. Appointments only please.

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please Call Brian our café manager at 860-558-5285 for a reservation.

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